



PARLIAMENT of AUSTRALIA

MEDIA RELEASE

HOUSE OF REPRESENTATIVES STANDING COMMITTEE ON HEALTH, AGED CARE AND SPORT
Inquiry into Sleep Health Awareness in Australia

Thursday, 13 September 2018

Sleep Health Awareness Inquiry Commences

The House of Representatives Standing Committee on Health, Aged Care and Sport has commenced an *Inquiry into Sleep Health Awareness in Australia*.

It has been estimated that approximately 7.4 million Australians do not get enough sleep. Inadequate sleep can impact on a person's health and wellbeing, and may also lead to a loss of workforce productivity. In addition, Deloitte Access Economics assessed the health system costs associated with inadequate sleep to be approximately \$1.8 billion in 2016-17.

The Committee Chair, Mr Trent Zimmerman MP, stated that 'the Committee will examine the causes, economic and social costs, and treatment of inadequate sleep and sleep disorders. In addition to education and training available to medical professionals regarding sleep health issues, and current research into sleep health. The Committee will also consider workplace awareness of inadequate sleep and sleep disorders, particularly for shift workers.'

Submissions from interested individuals and organisations are invited by **Thursday, 18 October 2018**. The preferred method of receiving submissions is by electronic format lodged [online](#) using a My Parliament account.

Further information about the Committee's inquiry, including the full terms of reference and details on how to lodge a submission are available on the Committee's [website](#).

Media enquiries:

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Background:

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